



UU Report form - Erasmus 2022-2023

faculty/college	Sociale Wetenschappen
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Interdisciplinaire sociale wetenschappen

destination city & country	Montpellier, France
how did you travel to your destination?	Thanks to Travel Green Grant for Exchange i could travel for free by train.
name university abroad	Paul valéry Montpellier
start date	12 / 09 / 2022 (dd/mm/yyyy)
end date	11 / 01 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

to prepare my journey to Montpellier i needed to fill out different forms. For my accommodation i had contact with the international office of Paul Valéry. They were really helpful and thanks to them it is quite easy for me to find a room. My room was located at their campus not too far from the city centre.
For my learning agreement it was a bit more complicated, because when i arrived in Montpellier the courses were changed and it was a bit chaotic to change it. But finally i succeed.

counselling & support at Utrecht University

I had help of the counselling and support at university of Utrecht by Loes van Velzen. She helped me to answer all of my questions.

academic preparation

I found the academic level of Montpellier a bit lower than in Utrecht. It was really good for me to speak more French and become more fluent in French

language preparation

I am already bilingual in French. I didn't need more preparation or support.

finances

Erasmus + and Travel Green Grant for Exchange.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed psychology courses. In the first week of University it was chaotic. The courses had been changed when i arrived and needed to look again at my learning agreement. I followed courses from level 1,2,3 therefore it was a bit complicated to make my schedule.

academic quality of education activities

I found the academic quality of Montpellier a little bit lower than University Utrecht. I followed courses Level 1,2 and 3

counselling & support at receiving university abroad

When i arrived there was a welcome meeting. They explained a little bit how they worked at the university and it was a good way to meet other exchange students. Caroline Koujoundjian was my contact person in



Montpellier. She helped me and answered all of my questions

transfer of credits

ECTS

STUDENT LIFE

welcome & orientation programme

When i arrived in Montpellier i went to different social activities that ESN had organised. This was a very good way to meet new people and explore Montpellier

accommodation

I stayed at a campus of Triolet, Montpellier. This was near the city centre and my university was at walking distance

leisure & culture

I visit different places around Montpellier and went often to the beach. To join the ESN activities i learned more about the culture and way of life in the south of France

suggestions/tips

I would recommend to visit a lot of the beautiful places around Montpellier. Also to join ESN, they organise a lot of things and it is a good opportunity to meet new people

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

yes, i would recommend. I liked the vibe of Montpellier, everyone is very friendly. I have learned a lot and i miss it already. The beginning was a bit chaotic, i was a bit struggling to make my own schedule.

do you have any additional advice or comments?

be on time with filling in the wright forms and enjoy your time there :)



UU Report form - Erasmus 2019-2020

faculty/college	Social and Behavioural Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Cultural Anthropology

destination city & country	Montpellier, France
how did you travel to your destination?	By car
name university abroad	Paul Valéry Université
start date	17 / 01 / 2022
end date	21 / 06 / 2022

PREPARATION

exchange application process

The application process started quite early. I can remember that the first deadline to inscribe yourself for an Erasmus program was in December of the first year. In order to prepare there were some Teams meetings with information about different exchange locations and as well experiences of other students. Besides that, we got information how to search for the university which suits your education background the best and how to take the next steps. Whenever you know which university you're interested in, it is necessary to create a motivation letter for that university and to have already an idea how your learning agreement will look like during your bachelor time. The website of Paul Valéry is not very clear and it's not always easy to search for courses and information.

counselling & support at Utrecht University

The International Office of the UU supported me very well. Since the website wasn't that clear for me, they helped me out to search for courses which I could follow within the requirements of Paul Valéry (75% in psychology). The IO replies fast and wants to help you out, as well there is always an opportunity to plan in an appointment with your questions.

academic preparation

I felt on an academic perspective ready for this exchange, I was in my second year of Anthropology.

language preparation

The courses at Paul Valéry are given in French. I had a B1 level and I followed one language course of Taalverwerving 1 (Bachelor for French language) on the UU. The course was a lot of work but I learned so many things which were very useful. Still I got in France with a B1/B2.

finances

The Erasmus grant I got was around 1500 euro's. I was lucky that I could work on distance for the company I work for in the Netherlands (for 6 hours a week), so I received some salary too. Studying abroad is always expensive, but the 'logement' of Crous is not that expensive but I will elaborate more on this under accommodation.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

It was obligated to take 75% in the psychology discipline so I took courses in psychology, one in management,



one in sociology and one Erasmus course histoire du cinéma français. I found the courses in psychology not good organized. In those courses we had CM's (lectures) and TD's (workgroups), but the link between those two was not always clear and for one psychology course the teacher for the TD has only been there for 3/9 times. We didn't get an alternative teacher or help. For my opinion were the courses and exams of the other disciplines better and had a better connection to the CM's and TD's. Furthermore, I had no base in psychology and I was learning French during my time at the university which was not the easiest, especially not in the beginning.

academic quality of education activities

The way of teaching very different from the UU; at Paul Valéry students were taking notes of everything the teacher said and we didn't work with books. It is very important to make notes during the CM's and TD's in order to make your exams. I had a few french friends who shared as well their notes with me what helped me going through it as well. Some courses are harder than others but could be from the same year. In general was the academic quality not really there; all sources were translated from English to French on powerpoints and we didn't need to read the sources but just make notes of the summery of the teacher.

counselling & support at receiving university abroad

I found the International Office of Paul Valéry very friendly. Whenever there was a problem there was the possibility to e-mail or even call them. As well in need for documents and information they reply fast.

transfer of credits

The transfer of credits went well.

STUDENT LIFE

welcome & orientation programme

I started there in Covid time, so we didn't had a welcome week. I was already in Montpellier, but we just had a Team meeting with information. The next week we needed to pick up our International Passports in which we needed to sign the courses, and there I met for the first time other internationals. The orientation was not that clear, but finally everything fell on the right place and you know for sure which courses you'll follow, I changed my courses in the first week of school a bit.

accommodation

The accommodation was great and good organised. I had a studio of 18m2 in the cité universitaire Boutonnet, which I would highly recommend! It is nearby the city centre (tram +-10 min, walking 20 min). The campus is very pretty with a lot of nature and older buildings which renovated. Even if you have a 9m2 room you still have your own bathroom and toilet but a kitchen to share. For me in my studio I had both facilities for myself. Thereby was the rent not that expensive; for a studio like mine it's 400 euro's a month and for the smaller rooms I thought around 250 euro's a month. Besides that, on the campus Boutonnet there is a brasserie where you can eat all day from Monday to Friday for 3,30 euro's a full meal.

leisure & culture

There is a lot to do in Montpellier from drinks on the terrace, to bars, clubs, beach, etc. I never got bored and visited a lot of places with my international and french friends. As well in the region there are a lot of nice cities to visit by train during the weekends (Narbonne, Arles, Perpignan, Avignon, Nîmes, Sète). The beach nearby Montpellier is sort of reachable by tram but you have to walk a little bit too. Further, I really like the fact that you eat two times warm in France (déjeuner et dîner) so on the university Vert-Bois you can eat with some friends during the break.

suggestions/tips

Visit as much as you can, there is so much to discover in this city and region! As well, sometimes students of Paul Valéry hand out flyers for events/party's at the uni and the one I did go to was really nice!



CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
I would definitely recommend the university and destination but not per se the university.	
do you have any additional advice or comments?	
Make as well French friends and not only international friends. Most internationals like to stay in their English-speaking group, while it's as well good for your language and cultural understanding of the French culture and society to actually hang out with French people. I am sure that I had a huge progress in my language as well because of them, right now I am a +C1 speaker.	

UU Report form - Erasmus 2019-2020

faculty/college	Social Science
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Interdisciplinary Social Science

destination city & country	Montpellier, France
how did you travel to your destination?	Train
name university abroad	Université Paul-Valéry 3
start date	09 / 09 / 2019 (dd/mm/yyyy)
end date	31- / 12 / 2019 (dd/mm/yyyy)

PREPARATION	
exchange application process	
I already new since my second year of studies that I wanted to participate in the Erasmus program. I wanted to go in my 4 th year, to a place where they spoke french (preferably in class). I easily found a list of possibilities for students that study Interdisciplinary Social Science, and picked out the french cities. The more difficult part was figuring out what courses were available in this city, and to get to know the timetables. The website of Université Paul-Valéry 3 was very vague, and they didn't show all information I needed there (like ECTS point of courses, timeschedule, course description). After some e-mail exchange with the university, I got the information I needed.	
counselling & support at Utrecht University	
The Utrecht University supported me really well. When I have a question, they always responded fastly. When I experienced difficulties with finding the courses in Montpellier, they didn't help me, but I think this is quite logical since they do not have the information of all partner universities.	
academic preparation	
Academicly speaking, I felt well prepared. I had three years behind me of studying in a good university, so I was confident about this.	
language preparation	



Since my courses in France were taught in french, I wanted to prepare well for the language. B1 level was enough to get in (which is high school level), but I didn't feel it was enough. I did 2 french language courses at the University Utrecht (half a minor), which helped me a lot. Those courses were a lot of work, but I felt my language skills improved.

finances

Studying abroad is not cheap. I worked during the summer holidays to have some extra savings. I also got supported by my parents and luckily got the first part of the Erasmus grant.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The organisation was a bit messy. I had to subscribe myself to courses by filling in paper everytime I had a course, and also needed a signature of the teacher. In the Netherlands this would all be done digitally. Furthermore, it was not easy to find an overview of the courses and their timeschedule. I think the website could've been much more clear. The course content was interesting. I learned a lot of new things - especially since I never had psychology courses before.

academic quality of education activities

Because I don't study psychology, a lot of the content of the course was new for me. Furthermore, the course was in french, which made it even more challenging for me. The academic quality of the course differed a bit. Most of them were not very high in academic quality, but since it was in french, it was definitely challenging for me, in a different way. I really liked it that I had the opportunity to have courses in french. If the academic level was higher than this, I think I would not have been able to pass my exams.

counselling & support at receiving university abroad

I didn't feel very supported by the receiving university. I had 2 tutors, but when I had a questions or told them I felt a bit lost in all the chaos, they didn't try to help me. The Erasmus coordinators were a bit late in responding on e-mails, but they did help me when I needed support.

transfer of credits

This went very fluently and easy. I didn't experience any difficulties over here.

STUDENT LIFE

welcome & orientation programme

In the very beginning when I just arrived in Montpellier, I felt a bit lost. There was no one to welcome me, and I didn't now how to find social events/associations. After a few days, I had to go to university and there I was told that the association ESN was very nice to meet new people. Organisations like this are really important for foreign students to get to know people as well as some sense of belonging. They had a well organised welcome program.

accommodation

Montpellier is a students city, and it is not easy to find a room. Luckily the University Paul-Valéry 3 provided a room for me. This was well organised. It was one of the rooms on the campus near my university, and it was very cheap. Even though there were a lot of students in this building, social contact was not supported (the light in the kitchen switched off every 5 minutes and there were just a few chairs so that you could not really eat in the kitchen for example. Also there was no living room or other shared room to meet the people in your building).

leisure & culture

Thanks to the association ESN, I got to know a lot of foreign and french people. I got an idea of how french people of my age live, and I experienced the little cultural differences (for example: when meeting someone,



you kiss the person 3 times on the cheek). Usually I don't meet a lot of foreign people, but now some of them became really close friends. I feel more connected to other countries now I have friends all over the world.

suggestions/tips

For people who are going to study in Montpellier, I suggest them to buy a bike, and become a member of the ESN whatsapp group.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

I would definitely recommend this destination. If you want to improve your french, this is a perfect place to go. The organisation is a bit chaotic, but in the end, it all turns out well. There are a lot of students in this city and there are a lot of social and cultural events where you can go/participate.

do you have any additional advice or comments?

No.

UU Report form - Erasmus 2018-2019

faculty/college	Psychologie
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Neuropsychologie

destination city & country	Montpellier, France
name university abroad	Paul Valery III
start date	17 / 09 / 2018 (dd/mm/yyyy)
end date	21 / 12 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

You need to upload documents and write a motivational letter. You also need to fill in a language form, it is mandatory to have a B1 level French. I think the process with uploading all the documents was a lot of work and it took me a lot of emails to the international office to get it right. But the international office replies fastly so that helps a lot.

counselling & support at Utrecht University

Like I said before, you can always email the international office and they offer good help.

academic preparation

I think the level of education is not very high in Montpellier, but for me it was mostly studying in another language (I had a B1 level in french before I left) that made it more difficult.

language preparation

I didn't really do any language preparation, but I think it would have been better to do so. Because you are new in a city and don't really know anyone, it makes it extra inconvenient if you don't speak the language really well. So I would definitely recommend taking a language course or so before leaving to Montpellier if you have a B1



level in French.

finances

I think the prices for food and living are higher in France than in the Netherlands, but the difference is mediated by the Erasmus grant. I loved going to cities near Montpellier along the coast and doing lots of things like going out for dinner or drinks more often than I do in Holland, so I spent a bit more. Also, because I didn't get one of the student residences that are offered by the university (they are about 200-250 euros a month) I paid a much higher rent, but I had a really big room right in the city center. I think if you get a room just outside of the city center you pay about 400 euros per month.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I needed to pick 75% of my courses in Psychology (because I study Psychology). There weren't a lot of options because they have 2 semesters per year (instead of 4 periods like at UU), so you have to take a lot of courses. Because you have to take so much courses (I took 7 courses), you can just do certain ones because others have an overlap in time schedule. I didn't really think the courses were challenging, but they were ok.

academic quality of education activities

I don't think the academic quality overall is really high at Paul Valéry Université, but it really depended on which class/teacher you had. They actually don't use any textbooks, so it's all just about what the teacher says during lectures. I thought that was a bit strange, but it makes you go to your lectures because otherwise you can't study for your exams.

counselling & support at receiving university abroad

There was a special coordinator for Erasmus Psychology students, so that was very nice and helpful.

transfer of credits

I'm not sure yet.

STUDENT LIFE

welcome & orientation programme

There was a very nice welcome week from ESN where I've met a lot of people. Also after the first meeting for general information for Erasmus students, there was an opportunity to eat and drink something and meet other Erasmus students.

accommodation

Like I said before, I had a very nice accommodation right in the city center. I booked this via lbuddy (also called Chez Nestor). It was quite expensive, but because I couldn't go to Montpellier to find a room this was a really reliable organisation to book a room. I lived with 2 other girls that were very nice.

leisure & culture

I really loved the city, because of its ambiance. There are lots of nice restaurants and bars that are always filled with lots of people, even during weekdays. You can go almost everywhere by tram, I really liked that. There was also a Montpellier en Lumière festival (a light festival) and in december there was a big christmas market that was open every evening of the week for like 2 or 3 weeks. Also, in the region of Languedoc-Rousillon (where Montpellier is located) there are lots of great cities to visit easily by train or bus.

suggestions/tips

I think it is really convenient to buy a bike, especially when you like to go out because the trams don't drive all night. I bought mine at decathlon.



CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

I would definitely recommend this destination, because the city is just great and also there is a lot to explore in the region. I think the university is fine and it was cool to see how it is to study at another university in another country, but I didn't really think it is a university with a high level of education.

UU Report form - Erasmus 2017-2018

faculty/college	Faculty social sciences/University Utrecht
level	<input checked="" type="checkbox"/> bachelor's master's PhD
name study programme	Cultural Anthropology

destination city & country	Montpellier, France
name university abroad	Paul Valéry University, Montpellier III



start date	06 / 01 / 2018 (dd/mm/yyyy)
end date	15 / 06 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process looking back on it was not hard, the only thing I struggled with was the bureaucratic part where there were a lot of signatures and stamps I had to get from representatives at the university in Utrecht and Montpellier. This took a lot of time and could be a bit confusing and stressful.

counselling & support at Utrecht University

Counselling was good. There was a general gathering where a lot of information was given. Afterwards even when I could not attend the general pre-departure gathering, I got a personal one on one where all the necessary information was giving to me. When I was in France there were a lot of strikes and struggles at the French university and I felt supported by the University back home.

academic preparation

I did not have a lot of academic preparation for the courses I was going to follow in Montpellier except for the Anthropology courses, which I obviously have a background in. Other subjects I followed courses in were Psychology and English literature.

Language preparation

I took a French language course before going to Montpellier. It was the language course which French students also follow in their first year of university, but this level was a bit to high for me. I struggled a lot and learned less then I wished I would have, (but I was very busy with my Anthropology subjects as well) which was a struggle when I arrived in France. I wished I could have taken a language course starting at my own level, but these I had to look for outside of university and these where to expensive for me.

finances

I managed well with finances. I had saved up some money from a side job and this with the added erasmus grant and some financial help form my parents permitted me to have my finances in order. The rent for Student housing in Montpellier was also a lot lower than Utrecht, which made it easier as well.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I did Psychology, English literature and Anthropology courses. There were student strikes which took up to 3 months, which meant I didn't have any classes for 3 months and was expected to do mostly online exams (2 actual written exams) without have had the chance to attend classes. This was al I organized horribly and most of the information we got last minute.

academic quality of education activities

The academic quality at the university in Montpellier was average. Some courses where at a 'high/semi -high level' which I would expect at a university, but other courses were greatly lacking. The strikes at the university in Montpellier did make this harder to assess.

counselling & support at receiving university abroad

I found the Erasmus office in Montpellier very friendly and wanting to be helpful, but they could not always be. They did not speak English at all, which I found strange, because they expect you to have level B1 in French, which does not cover the complete understanding of the most important information. Also they were not able to give a lot of information when things went wrong (like the strike). I was often send away to others (like teachers) who could also not always give me the proper information.

transfer of credits



The transfer of credits went well.

STUDENT LIFE	
welcome & orientation programme	
	There was a general meeting which I could not attend. After this there was one welcome meeting with the erasmus office and after this I was all on my own. I had to figure out almost everything on my own and I did not feel supported in my welcome and orientation. Luckily the ESN organization was very active and I made a lot of friends through there, who could help me with my struggles at school.
accommodation	
	The accommodation was great. I had a little studio of 14m2 for myself which was not expensive and at a nice student housing complex. I was surrounded by a lot of people my age. It was really easy to obtain the studio, because it was arranged through the university in Montpellier.
leisure& culture	
	Montpellier is a beautiful city with a lot to do. There are great old streets in the old city center and there are big new buildings. I never had to be bored. There are a lot of terraces to have a drink or food, I biked to the beach with my friends a lot and there are a couple of museums I visited. There were also a lot of fairs, which is a normal thing for France I believe.
suggestions/tips	
	I would want to tell people that want to study in Montpellier to study up on your French a lot before going. I thought it would just come to me by being there, but that is not true at all. Also I would want you to know that university can be really stressful, hectic and you can feel really alone easily, but don't be afraid to ask anyone anything you don't know. If you want high class education you should not go to the university I went to, but if you want to have a great time in a beautiful city I definitely would.

CONCLUSIONS	
would you recommend this university/destination abroad to others? Please explain	
	The university I would not recommend at all, but the city I definitely would.
do you have any additional advice or comments?	
	No

UU Report form - Erasmus 2017-2018

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Montpellier, France
name university abroad	University Paul Valery
start date	29 / 08 / 2017 (dd/mm/yyyy)



end date	22 / 12 / 2017 (dd/mm/yyyy)
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PREPARATION	
exchange application process	I found that it was a decent amount of work to apply for the Erasmus. Everything I had to do for the UU was pretty straight forward. Just fill out some forms and write a motivation letter. However everything that was for my receiving institution in France was more complicated and chaotic. On top of that it was harder because my French wasn't that good yet.
counselling & support at Utrecht University	The support from the UU was great, the people at the International Office are the best. They always answer your questions really quick and good.
academic preparation	I tried to find out which courses were available and what they were about. Because I wanted to choose courses that were complementary on the study program I have been following in Utrecht. But it wasn't possible to find a recent overview of all the courses and course descriptions were very rare as well. In the end I chose almost all my courses whilst I was already there.
language preparation	To prepare for my studies over there I followed a French Language Course at the UU. But I didn't finish the course. In my opinion the course was too focused on grammar and writing skills. There isn't enough attention for speaking and listening. And those two are definitely the biggest components of the language that you'll use during your mobility.
finances	I started saving money the year prior to my mobility and I got a loan from the Dutch government also. This was plenty.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	Studying in France isn't the same as in Holland. The level of the courses was very poor. Teachers were almost always late. Most classes were given without a supporting power point. Even the local students who were fluent in the language couldn't follow some of the courses. It was also very normal for teachers to just not show up without notifying the students. This happened to me on several occasions.
academic quality of education activities	Very poor. I wouldn't even call this scientific education. The organisational deficits were just too big. I've been in classes where students were to give presentations. And they were just reading aloud a badly written report from a piece of paper. Sometimes the "presentation" lasted 30 minutes, sometimes it lasted an hour. The teacher didn't really seem to care. Nor did he or she bother to give an instruction on what to write in the report. The assignment description consisted of merely a single phrase.
counselling & support at receiving university abroad	Counselling at the receiving institution was overall very poor. When we had the first meeting we were told to go and find out what our time table looked like. But the people organising this meeting weren't able to tell us which courses could be found in which building. This caused me quite a bit of stress. Because we simply had to go to the campus on Monday morning, mind you the first courses were already starting, and figure it out for ourselves. So I missed my first couple of classes. Also, because course descriptions weren't available for most courses, you just had to go and see if you liked the course. And go to the first class what the course was going to be like. But as you can see, it wasn't all too easy to get to that first course. Besides this, I've got plenty of other



examples like this. But I don't feel the need to elaborate any further.
transfer of credits
Credits haven't been transferd yet. I am not expecting them to send me my credits any time soon.

STUDENT LIFE
welcome & orientation programme
There wasn't really a social welcome for international students. Most things were organised by ESN, they were a bg help into finding your social life abroad.
accommodation
I got a room at the university campus. No complaints, the room was just fine. Not too expansive neither, especially when you get the grant from the French government (CAF). It does take some effort to get this though. They are going to put you through a huge load of paperwork.
leisure & culture
I really loved the city of Montpellier, it is just absolutely beautiful. The weather is amazing and there is a very comfortable ambiance in the streets. And there are loads and loads of students in the city. There is a bit of a cultural difference over there though. Life generally moves at a much lower pace down there in the south. People aren't as concerned with being on time. I also wouldn't use the word efficient to describe the life and the people in Montpellier.
suggestions/tips
Get in touch with locals. This is going to be quite hard, so you need to be prepared to make an effort. What worked for me was joining a sportclub. It is quite easy to keep dwelling in the international circle and only hangout with other international students, and therefore keep speaking English all the time. If you really want to learn the French language you have to keep putting yourself outside your comfortzone where you can fall back to English all the time.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would recommend the destination, I wouldn't recommend the University. I had an amazing experience in Montpellier and I really loved the city itself. But everything about at University was just really poor. Luckily for me the academic aspect of my mobility wasn't really important. I really went to learn the language, which I did. And I went to play Rugby at a higher level (which you can't really do in Holland) and I did that as well . So overall I had a great time.
do you have any additional advice or comments?
If you find yourself in a situation that you don't like change it, and if you can't change it for some reason accept the situation as it is. All else is futile.

UU Report form - Erasmus 2016-2017

faculty/college	Psychology		
level	X bachelor's	master's	PhD
destination city & country	Montpellier, France		
name university abroad	Université Paul Valéry Montpellier III		



start date	03 / 01 / 2017 (dd/mm/yyyy)
end date	15 / 06 / 2017 (dd/mm/yyyy)

PREPARATION	
exchange application process	
	There is a lot to do for the application process and I would definitely recommend to start as early as possible. All the steps are well explained in Orisis. The international office is also really helpful when you have questions.
counselling & support at Utrecht University	
	The IO is really helpful. They helped me a lot before and even during my erasmus period! So if you have questions, don't hesitate asking them!
academic preparation	
	On the website of Paul Valéry you can find a lot of courses that are available (they are all in French though). It is not that important that you know every course that you want to do before you go. During the first 3 weeks at the university are you able to check out all the courses. After the 3 weeks you decide which ones you really want to follow (I almost changed all my courses). There are also some courses available only for the erasmus students. I did the course "histoire du cinéma français" which I can really recommend.
language preparation	
	I already had the needed level of French from high school, but I wasn't sure if that was still accurate so I had decided to follow a course at the University. So I did the course Language Proficiency French 1. This was really useful.
finances	
	Next to the OV compensation, the Erasmus and your own studiefinanciering, you can get most of the time CAF in France when you pay rent, it will be between 50-200 euros per month, so it's worth looking it up'. It's a lot of work to apply for it, but in the end really worth the effort. If you want to apply for the CAF you need your birth certificat and a french banc account.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	
	The French University is totally not organised. So be prepared. Everything takes a little more time than in Utrecht. But in the end everything went well. I asked a lot the other erasmus students. They all have the same questions and problems. Also the erasmus office is everyday open for questions and help. I followed some really nice courses and some boring courses. I was also able to choose courses from the master. Those courses were really interesting and less difficult than the bachelor courses (yes less difficult). I also did a French language course. This was really helpful. It really improved my french.
academic quality of education activities	
	The university of Montpellier is way different compared to Utrecht. It's way more old-fashioned! The education programme is a little passive in my opinion. Students listen to what the teacher says and write almost everything down as fast as they can. This is because there are no studybooks, so everything the teacher says, can be asked at an exam. Sometimes there were powerpoints available, which made it easier to follow to courses. Sometimes not, it can be very difficult (especially in the beginning) to follow the courses completely when there is no powerpoint, prepare yourself for that. It will get easier! Also, ask other students for notes, this can be very helpful!
counselling & support at receiving university abroad	



The erasmus office is really helpful. Also the most teachers are really nice to erasmus students. They'll give the powerpoint slides or asking other students to send us their notes. I you have difficulties with the university always ask for help. The most people are really willing to help you.
transfer of credits
Not yet done

STUDENT LIFE
welcome & orientation programme
I started my semester in January. In January there is not really an orientation programme. We had one introducing college with a breakfast and coffee, that was it. Luckily all the erasmus students are looking for friends and things to do. So even without a welcoming programme you'll make friends. We organised our own welcoming week. And after 3 weeks the ESN (erasmus social network) started to organise some parties and even an intergration weekend in the mountains. This was really nice!
accommodation
You can fill in application forms for a chance for a room on the campus, but I heard a lot of negative things about that from my friends, so I would not definitely recommend that. (But on the other hand I have not experienced it.) I lived in a collocation (student house) with some international and some french people. If you want to improve your french, I recommend living in a collaction. My french roommates really helped me with the language. I found my room on facebook!
leisure & culture
Montpellier is a beautifull city. And also the surroundings are perfect!! There is a lot to do. If you have the pass culture (14 euros) you can go to the cinéma only voor 3,90, you have also a lot of reduction for some concerts or other cultural events. In Montpellier there is always something to do every night! At least every night there is a free concert. The beach is only 10 kilometers so I always went there by bike! I also did a lot of trips to other cities and places. With blablacar, flixbus, ouigo, 1 euro train. herault transport and hitchhiking you can see a lot for almost no money! I went to Barcelona. Sete, Beziers, Carcasonne, Bordeaux, Avignon, Pont du Gard, Lacanau, Perpignan, Narbonne, Coulioure, Marseille, Nice, Aix-en-Provence and Toulouse. All those trips were really worth it!
suggestions/tips
Buy the pass culture! If you want to drink something the nice bars are: Rebuffy, La Gazette, Old dirty Bar, Panachee. I also recommend the 90s parties at rockstore and Antirouille. On Monday go to the Australian bar. beer is here them 1 euro! If you want to do some trips. I recommed climb the pic st loup (there is a bus going there), travel as much as you can, you will not regret it! I really loved all my trips. I loved Pont du Gard, Carcasonne, Barcelona and Bordeaux the most! I also recommend to speak french with your erasmus friends. in the beginning its really difficult. But it's the best way to learn the language and it's also really cool to do!

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
DEFINITELY! I had the best time of my life here. It was awesome. I really improved my french in a fun way. I also met a lot of lovely international people. Montpellier is really a student city. There is also a lot to do in the surroundings of Montpellier. So almost every weekend you will discover something new or interesting. The university is not that special but the energy and vibe of the city make everything worth it!!
do you have any additional advice or comments?



JUST ENJOY YOUR ERASMUS TIME! Do everything that's possible! And make your erasmus time your best time!



UU Report form - Erasmus 2016-2017

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Interdisciplinary Social Sciences
destination city & country	Montpellier , France
name university abroad	Paul-Valery III
start date	01 / 09 / 2016 (dd/mm/yyyy)
end date	31 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

We had to fill in already a lot of document, a study plan; which means you already have to choose your courses which can be quite hard and I think in most of the cases it turns out that you will follow different courses, but however it is useful to take already a look at the courses that are available in that year. You had to fill in a financial plan, which is easy and useful, because it forces you to think about how you will finance your erasmus period. The motivation letter was good, it helps you to think about why you want to study abroad and in that certain place

counselling & support at Utrecht University

There is not so much counseling and support at the Utrecht Univeristy, but If you have any question the International Office is always willing to answer them and help you.

academic preparation

I did not do any academic preparation.

language preparation

I already had the needed level of French from high school, but I wasn't sure if that was still accurate so I had decided to follow courses at University. So I did the courses Langueage Proficiency French 1, 2 and 3 and that really made me improve my French and made me feel prepared for the courses in French in France.

finances

Finances was quite hard, because Erasmus is really expensive (you can make it as expensive as you like of course but you are not doing an Erasmus for staying in your room all day, so in general it is more expensive than in your home country) and it was the first year without my student grant, so I decided to take a student loan and rent my room in the Netherlands and with that money I achieved to pay all my costs.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Organisational issues are well presented in France. You have to choose your own courses, which is really nice, but you also have to figure out the schedule of all your courses yourself, which is really hard. Because there is no such thing as Osiris, you just have to pass by all the classrooms to find out whenever you course is scheduled. This is quite hard, because you don't have a good overview of whenever all your courses are and I had a lot of courses who were at the same time, so it took me a lot of time to make up my schedule. Content of the courses was very interesting, even though it was quite hard to follow all the course in the beginning, and most of the time there are no powerpoints.



academic quality of education activities
I did not really do any education activities so I don't know how to answer this question.
counselling & support at receiving university abroad
All the teachers are very nice and helpful if they know you are an Erasmus student and also the Erasmus office at Paul-Valery was always willing to help me if I had any problems. So don't bother to ask all your questions and ask for help, because as described above it can be quite hard and they also understand that.
transfer of credits
My credits aren't yet transferred but I have good faith that this proces will proceed succesfully.

STUDENT LIFE
welcome & orientation programme
I kind of missed this from the University of Paul-Valery, because there was just only one welcome meeting for all Erasmus students, but there weren't any activities or things like that and I think that would be nice to meet people and get to know the university. ESN did organise a welcome week, but this week took place in the fourth week or something so I wasn't really a welcome. It was really nice, however but I would have liked to have some more activiteits in the beginning of the Erasmus period, because now you had to set up everything by yourself
accommodation
I am really happy that I had not chosen to stay at the campus of Paul-Valery university ,where most students stay, because that is really not cozy/sociable/convivial. There are ten people in one corridor and there is a kitchen to share but there are no chairs. Well, I didn't live there so I am not really in the position to tell you about that, but from what I saw I am happy that I had a different accomodation. I had found an apartment via ww.leboncoin.fr. But there are also a lot of facebook groups and other sites for finding a accomodation. Well, I shared the apartment with five other students from all nationalities and I really liked that. The location of the accomodation was super, it was in the middle of the centre so I was really happy with that.
leisure & culture
Montpellier is great for culture, and you should really buy le passculture, because you can go to the opera, different concernts, cinema and a lot of other cool things for a good price. The city centre is really great, with all beautiful buildngs, churches, parks, a lot of super cozy bars and coffee shops and so on. If you really are a party animal (than you will always find a place a party) but then Montpellier maybe isn't the best place, because there aren't really a lot of big clubs but more like bars where you can dance. For me, it was good and I enjoyed myself there.
suggestions/tips
- Try to find your own accomodation (facebook groups; colocation montpellier etc./ leboncoin.fr) - Don't be shy to ask any question! Because that would have saved me a lot of time :) - Enjoy every second of the beautiful city of Montpellier and the lovely life in France

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, I think if you want to go to France, Montpellier definitely is the best city to go to. It is an amazing city with a really nice student life.
do you have any additional advice or comments?



UU Report form - Erasmus 2016-2017

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Montpellier, France
name university abroad	Université Paul-Valéry Montpellier III
start date	01 / 09 / 2016 (dd/mm/yyyy)
end date	31 / 12 / 2016 (dd/mm/yyyy)

PREPARATION

exchange application process

I went to the information meetings from the International Office to inquire myself about the possibilities. I talked with other students and my family about the possible destinations and my choice preferences. I went to the student advisor for a check up of my entire study program, and to inquire about the rules and regulations concerning delay of graduation (I went on Erasmus in my fourth year). I signed up for the erasmus exchange following the procedure. All steps were clear during the application process, and if not, there is the IO.

counselling & support at Utrecht University

The IO at Utrecht University is just great. They were always very quick in answering my questions and repoding emails concerning signatures etc. Very friendly and supporting. They took my questions seriously, even though it might have been a boring question to them, since they probably get plenty.

academic preparation

I had done three years of the bachelor psychology program (studypaths Neuropsychology and Developmental Psychology) at the UU. The semester in France was in my fourth year of the bachelor, the credits I obtained are additional.

language preparation

I took two courses at the UU from the bachelor programme 'French language and culture'. The courses were called: Taalverwerving Frans 1 (TV1) and Taalverwerving Frans 2 (TV2), a.k.a. French language acquisition. During secondary school I had obtained my DELF certificate (level A2 and B1).

finances

I received the Erasmus grant (270 per month; when I had been in France for one month I received the conditional 864 euros on my bank account). I also received the money (99 euro per month) as a replacement for the free public transport for students. Furthermore, I had saved some money myself (up to 1500 euro).

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The first week(s) we had to make up our own cours schedule (they do not know a system like osiris nor timeslots). We had to go through the buildings to look for posters on the walls with the hours and rooms of the



courses on it and to figure out which courses we could take next to each other. The Erasmus student is free to choose whatever course he/she would like, which is great, but which can make it a hard puzzle if you choose different subjects from different students programs. It can be quite an effort, it was for me (I find making choices hard) but it is worth it and you will get there, really.

My coordinator in Montpellier advised me to look for master courses (since I had already done three years of bachelor in The Netherlands). I followed his advice, but I do not think I would recommend it to other students. The good thing was that the teachers were better didactically (also there was a powerpoint) and the groups were smaller, which made it a little easier to follow the courses in French than in a great lecture-theatre. Furthermore the subject matter was more interesting in the master courses. In some of the bachelor courses I attended they talked about things I already knew / had learned in Utrecht. However, looking back, it might be not such a great problem to have courses which are a little easy. That way, you are sure that it is doable, and you do not need to stress (it is already a challenge to attend a different university and in a different language).

academic quality of education activities

I would say, you have to pick your courses well. The first two weeks I attended multiple courses, after which I decided which courses to take and which not to. The academic (mainly didactic) qualities of some professors were not great (just mumbling for two hours, without interaction, without guidance of a powerpoint, I found it hard to understand/follow these courses). I found it remarkable that almost none of the teachers used course books or literature. For the main part of the courses we just had the subject matter talked about during the lectures.

counselling & support at receiving university abroad

The IO at Montpellier is very kind. However, they were extremely busy the first days/weeks when everybody arrived, and they did not respond very fast by email. However, there was a temporary room where student assistants were helping out with the enrolment at the university and other questions.

transfer of credits

Still in the process. The IO in Montpellier sends my notes to the IO in Utrecht, and they send it through to the 'examencommissie' at the UU. They are in the process of validating and transferring my notes now.

STUDENT LIFE

welcome & orientation programme

There was an information/welcome meeting in a lecture theatre for all the erasmus students, after which we had a little picknick outside. Later that week we had a smaller information meeting which was bilingual (French-English) to make sure everything was clear and well understood. Apart from that the ESN organisation in Montpellier is very active and organises a lot of activities. No need to be bored :). On top of that, the ESN staff is very helpful as well in helping you out with any questions you might have.

accommodation

I lived at a student campus (Triolet), which was close to the faculty, about 10-15 minutes by bike to the city centre. There were a lot of students, however not a lot of student parties (there was not a common room or something like that. However, there was a room at the campus where they offered dans classes for students (10 euros per year). I took a dans class (Charleston and Lindy Hop) with other international students. Before I wanted to find a room in the centre with French students as housemates. But it is really hard to find a room in Montpellier (like Utrecht) and also quite expensive. So finally I decided to just go for the students accomodation. It is arranged by the university so it is secure and safe. And it is rather cheap; I had to pay 244 euros a month, and I could get some sort of a housing benefit (CAF) of 93 euro from the second month onwards (it takes some time to fill out the questions and supply them with documents (birth certificate, european health insurance card, French bank account).

leisure & culture



Montpellier is a lovely city, it is very cosy. There are a lot of nice cafés and restaurants, and a lot of festivities, for exemple at the Esplanade next to the central square Opera Comedie.

Every Saturday there is a market I loved a lot (in the quarter called Arceaux, beneath the arches, it is just behind Parc Peyrou; down the stairs at the end of the parc).

What's more, the beach is quite close. Take tram line 3 (green line) till the final station Etang de l'Or, and walk in 20 minutes to the beach Carnon, or hire a VeloMagg (bike) at the final station and cycle to the beach. Or hire a VeloMagg in the city or have your own bike (best option to me) and follow the river Le Lez from the city down to the beach to arrive in Palavas-les-Flots.

suggestions/tips

I would recommend to buy a bicycle. For example by using the French version of the website 'Marktplaats', which is called LeBonCoin.fr or by buying a bike from a leaving international student (it is about 50 euros).

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

I would certainly recommend this university and the destination. Montpellier is a lovely city. Concerning the size and the amount of students it is comparable to Utrecht (not too big, a students city).

The university is not as well organised as in The Netherlands, but soon you will learn to deal with it and accept the French way of life. Your confidence that things 'are going to be alright' will grow!

do you have any additional advice or comments?

Definitely go for an abroad experience! I think it does not really matter where to go, it will be a great experience anyway. Why go to Montpellier/France? It is a beautiful language which you will improve a lot during your stay. Montpellier is a very cosy city. The beach and sea are close. The weather is good.